

TARGET AUDIENCE:

- ◆ Therapists
- ◆ Social workers
- ◆ Psychiatrists
- ◆ Addiction
Counselors
- ◆ Mental Health
Professionals
- ◆ Teachers
- ◆ Humana



Dr. Jacob Levi Moreno, founder of Psychodrama, Sociometry and group Psychotherapy.

Dr. Moreno defines Psychodrama as the science that explores the “truth” by dramatic methods.

3ELEMENTS COUNSELING, LLC

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ACTION METHODS INSTITUTE

DIRECTOR'S PLAYGROUND

MODULE I ON LINE

FACILITATED BY:

PAULA CATALÁN, LCPC, CP, PAT



What to Expect:

There will be a **self paced online class** where the student will be able to acquire theoretical information and also observe demonstrations of techniques in action. This online class will consist in recorded videos and articles available through an online platform.

The student will be expected to go over the material for each lesson every month before the first scheduled class of every month.

There will be two zoom meetings throughout every month, a total of 8 meetings throughout a 4 month period.

Meeting 1 will offer a space to process and go over the material of each lesson. Students will be able to ask questions. These meetings will be **1 hour long.** **Meeting 2** will consist in demonstrations and practice exercises where the students will have the opportunity to observe and conduct such exercises. This meetings will be **3 hours long.**

About Paula Catalán



Paula Catalán, LCPC, CP, PAT is the owner of **3Elements Counseling.** Is a licensed

professional counselor in Maryland and a Certified Psychodramatist by the American Board of Examiners. She is an enthusiastic and energetic clinician committed to bring integration to mind-body-spirit with compassion and mindfulness of the present moment.

Paula is a practitioner of Psychodrama applicant to be a Trainer. Has worked with Psychodrama for over two decades and since February 2017 initiated her path to become a trainer. In that time Paula has presented several workshops in National and International conferences, local chapters and at co-led at LPTI with Cathy Nugent.

SAVE THE DATES!!!!

US Eastern Standard Time:

October 9th 9:30 am - 10:30 am
October 23rd from 9:30am - 12:30pm

November 6th 9:30 - 10:30 am
November 20th 9:30am -12:30pm

December 4th 9:30 - 10:30 am
December 18th 9:30am -12:30pm

January 14th 9:30 am - 10:30 am
January 28th 9:30am -12:30pm

WHERE: ZOOMLAND

Fee: \$200 for the entire course

Call: Paula Catalán 301-520-4880

paula.catalan@3elementscounseling.com

LIMITED SPACES AVAILABLE!!!!

SIGN UP BY SEPT. 15, 2020